Abstract. For a sequence $u_j : \Omega \subset \mathbf{R}^n \to \mathbf{R}^m$ generating the Young measure $\nu_x, x \in \Omega$, Ball's Theorem asserts that a tightness condition preventing mass in the target from escaping to infinity implies that ν_x is a probability measure and that $f(u_k) \rightharpoonup \langle \nu_x, f \rangle$ in L^1 provided the sequence is equiintegrable. Here we show that Ball's tightness condition is necessary for the conclusions to hold and that in fact all three, the tightness condition, the assertion $\|\nu_x\| = 1$, and the convergence conclusion, are equivalent. We give some simple applications of this observation.